



Senior Lifestyles

Volume XXV No. 13

January 2015

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Cover Photograph By Janice L. Miller of Elizabethton

Inclement Weather Policy for Memorial Park Community Center

When Johnson City schools are closed due to inclement weather, Memorial Park Community Center will open at 10:00am for access to the following areas: fitness room, gymnasium, game room, billiards room, and pool (for open / lap swim and open therapy only).

Scheduled events and instructor-led programs will be cancelled. The centers will close at 5:00pm.

When Johnson City Schools are on a delay due to inclement weather, community centers, art center and pools, will open at 10:00am and all events and programs will begin at 10:00am. Each location will close at normal closing hours, unless inclement

weather occurs later in the day that forces closure.

When schools let out early due to inclement weather all programs and events scheduled for the remainder of the day will be cancelled. If inclement weather occurs on a weekend when schools are not in session the Parks & Recreation Department Director will determine when parks and centers would open and make a decision by 6:00am.

Transportation will not be provided when Johnson City Schools are closed or let out early due to inclement weather.

For Announcements about schedule changes call 434-5750



Kroger Community Rewards And your Senior Center Foundation

Kroger Community Rewards program can be a major source of income to the Senior Center Foundation. The City of Johnson City provides most of the financing for our senior services. They provide the cake and the Foundation provides frosting.

The Foundation provides 50 Christmas food boxes to at-risk seniors in our community. The Senior Center was recently awarded an Arts Grant from the Tennessee Arts Commission; the Foundation was proud to provide the required match. We recently provided chartered buses for two one-day trips and we support the JCSC Seniors on the Go travel team projects including the recent Let's Go travel show. The Foundation has committed funding for a Fellowship Program for low-income senior participants and provided subsidies to deserving seniors for last summer's food program. Did you attend the 2014 Christmas dance? And the list goes on. The Johnson City Senior Center Foundation is a 501 (c) 3 non-profit corporation formed for the specific purpose of accepting gifts and donations and engaging in fundraising activities exclusively in support of

Senior Services. It is your support which provides the cake frosting.

The Kroger gift card program has been discontinued. In its place Kroger now has their Community Rewards program. We must now do a one-time registration of our Kroger Shoppers Card. Please go to the Kroger website (www.Kroger.com), click on the "Community" link and then on "Community Rewards." You will be asked to sign in if you are already registered on the Kroger site, or you will need to create an account with Kroger based on your Kroger Shopper's card number. You will then designate the Johnson City Senior Center Foundation (organization 82707) under the community rewards section. Rewards are paid quarterly by Kroger.

Need Assistance? Come by the computer lab from 8:30 to 12 noon on either January 12, 13 or 14 and someone will be available to assist you.

Please note that the Food City gift cards are still available at the front desk... your Foundation receives 5% of the purchase price.

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Hip Hikers

Hip Hikers Takes a Break in January!

February, join us for our annual meeting to review future hikes and sign a new waiver. Also in February we hope to have a Wilderness First Aid Course. Thanks much!



The Amateur Photographers Club wowed us with their spectacular photos. Some are still on display so stop by to enjoy!





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Lifelong Learning

Conversational Spanish

Contact Amy after Jan. 9 for date and time.

Legal Aid (Estate planning)

Tuesday, January 13 at 4pm

A **FREE CLINIC** to assist seniors and other individuals who need assistance to prepare the following documents: Simple Last Will and Testament, Power of Attorney and Advanced Healthcare Plan. Get questions answered. Please register, walk in basis for assistance.

TED Talks

Thursday, January 15 at 1pm

Free, Please pre-register.

Wouldn't you want to know if your doctor was a paid spokesman for a drug company? Or held personal beliefs incompatible with the treatment you want? Right now, in the US at least, your doctor simply doesn't have to tell you about that. And when physician Leana Wen asked her fellow doctors to open up, the reaction she got was...unsettling. Enjoy stunning time-lapse photography

where nature's beauty can be easily missed - but not through Louie Schwartzberg's lens. Source: TED.com

Travel Round the World

Wednesday, January 21 at 1pm

Free, Please pre-register.

Let's leave the winter cold and head for the Mediterranean! Please join Dr. Ron Zucker on a video journey of a cruise to Italy, Monaco, Greece, and Turkey. We will be visiting: Verona, Cinque Terra (translation: five lands), Pisa, and Venice Italy; Monaco; Santorini, Mykonos, Corfu, and Athens Greece; and Kusadasi Turkey!

The Art of Hand Massage

Tuesday, January 20 at 11am

Free, please pre-register.

Learn about an ancient practice (hand massage) which some research shows can reduce stress, nausea associated with some treatments, help induce comfort, increase white blood cell counts (for a stronger immune system), and even contribute to getting a better night's sleep (which is so

crucial to healing). Be a healer of self, family and friends. Any questions call John at 943-1518 or stop into the nurse's station.

German Conversation

Thursdays at 9:30am

Join our group to meet new people, brush up on your German, practice reading and writing the language.

Mahjong

Fridays 1pm-3pm

Would you like to play a game that exercises your brain? Come join us! Whether you know how to play or would like to learn, we'd love to have you.

Medical Ethics

Wednesday, January 14th at 11:30

Please pre-register.

Attendees are encouraged to find an article or two which raise questions about the quality and safety of the care our loved ones receive while in caregiving facilities. We will have a discussion.



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Walk Down Memory Lane

Outings

UT Lady Vols Basketball Game

Knoxville, TN

Sunday, February 1 from Noon-9:00pm

Cost: \$5 + 1 meal on your own

Join us in cheering on the Lady Vols as they play Mississippi State. Admission to the game is 2 non-perishable items to benefit Second Harvest Food Bank. You must pre-register and turn in your food items by January 23. We will stop at Cracker Barrel on the way back. Game time - 3:00pm. Limited space available.

Dixie Diner's Pizza Party

Monday, January 12th

Monday's at Mellow Mushroom is dollar a slice for cheese pizza day! Join Dixie Diner's at 2929 North Roan at Oakland at 11:30am for some good pizza. Mellow Mushroom features salads and other lunch menu items also if you are not looking for pizza. Sign up by Thursday the 8th. See you at Mellow Mushroom!

JCSC Seniors On the Go

We need your reservation for the cold weather escape to Jacksonville, St. Augustine, and Amelia Island, Florida. Trip departs on March 9 for 4 nights in sunny Florida. Tour includes 8 meals, a visit to the Fountain of Youth, narrated cruise on St. John's River, guided tours of Amelia Island, St. Augustine and Jacksonville, and a stroll along Fernandina Beach. Cost is only \$465 pp/do. Payments due by January 1, but call today to add your name to the list if you plan to participate!

Mt Rushmore, Grand Tetons & Yellowstone

New flyer just out for the western trip with Caravan Tours! Mt Rushmore, Grand Tetons & Yellowstone, August 25-September 2, 8 Days from \$1,950* (plus taxes), including air from Tri-Cities. Request a flyer for more details.

Canada

Join the "Johnson City Seniors on the Go" for a great group trip with Collette Travel to the North Atlantic provinces of Canada scheduled for June 15- 25 , 2015. The trip will leave from Tri-Cities airport and fly to and from Halifax Nova Scotia. The trip will travel to New Brunswick, Prince Edward Island , and Cape Breton Island as well as touring Nova Scotia. Those making a deposit by Dec 17,2014 will receive a \$100 per person incentive discount. From previous experience, Collette, a Rhode Island based family company offers a first class experience. For additional information and registration please call Julia Oldham Vargo @ Oldham Travel, phone: 423.282.1111.

Upcoming:

Travel Expo coming Soon: Save the Date! Feb 11, 2015 from 10am-Noon



New York



New York

Lifelong Sports

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Senior Billiards
Location:
Memorial Park Community Center

Monday - Friday
 7:30am to 8:00pm.

Cost: Free

Senior men and women are both welcome to come and play on four new tables. All levels of experience are welcome. Come swim with the senior sharks at the community center. Yearly tournaments will be held.

Pickleball
Location:
Memorial Park Community Center

Monday, Wednesday, Friday
 8:00am to 11:30am

Cost: Free

This activity is a modified form of tennis and we play doubles. This activity is for both senior men and women.

Doubles Table Tennis
Location:
Memorial Park Community Center

Monday, Wednesday, Friday
 9:30am to Noon

Cost: Free

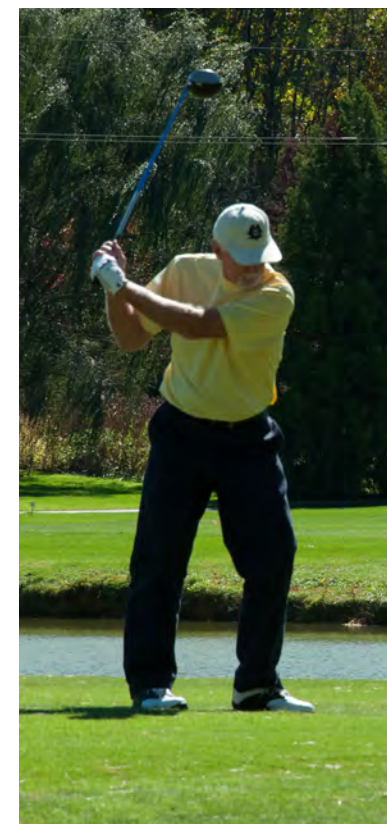
Senior men's and women's doubles table tennis. Keep your brain and body active with table tennis. Yearly tournaments will be held.

Shuffleboard
Location:
Memorial Park Community Center

Mondays at 10:00am

Cost: Free

Mixed doubles played and if you have never played don't worry, we will teach you in one day. Yearly tournaments will be held.



JCSC Foundation Golf Tournament 2014

Computer Instruction

Word

Instructor: Jim Pohle

Wed, January 16th and 30th. 12-1:30pm

Introduction to Word: What you are seeing, how to do basic functions, tool bar, documents and more. Cost: \$10.00 (Beginner) Please pre-register.

Mobile Devices

Fridays in Jan 9, 16, 23, 30 from 1-2:30pm

Free walk in series to get assistance with your device; cell phone, tablet, laptop. Please register.

Betty One on One:

January 2, 7, 27 from 1-2:30pm • Cost: \$15

Get private instruction. Please pre-register and inform Amy (434-6229) of what your focus is for class.

Excel II (Advanced)

Instructor: Betty Hall

Tue, January 13th • from 1pm-3pm Cost:\$15

Must have had Beginning Excel previously, Modify, format cells, columns and rows. Create simple formulas.

Computer Organization / Housekeeping

Instructor: Betty Hall

Tuesday, Jan 21 from 1pm-3pm • Cost: \$15

Tax Time is just around the corner! Learn to keep files, folders, documents, tables and spreadsheets in folders; easy to "search" and accessible. Please pre-register.

Photos, Files and Folders

Instructor: Mark Humphrey

Wednesdays in January 7, 14, 21, 28

from 3pm-4:30 pm

Cost: \$10.00

Learn to download picture files from your camera into a suitable file system on your computer, create file system to store and organize photos, learn various formats of graphic files (pictures), attaching/emailing photos, learn a basic power point/slideshow to display pictures, solve problems when things go wrong such as; "Why does my video not play?", or "How do modify my picture?". Bring your own thumb drive, jump drive and can bring camera with pictures on it. Must have email account; be able to comfortably work mouse and keyboard. Advanced topics may be covered near the end of the course. Please pre-register.

Open Lab Time

Tuesdays 10am-Noon

Thursdays 2pm-4pm

Beginning Computers

Instructor: Amara Carberry

Thursdays, Jan 8,15,22,29 • Cost: \$10.00

If you have been intimidated by using computers or unsure how to navigate around the computer, then this is the class for you. This is a slower paced class for those who have no or very little experience. You can bring your laptop if you have one. Learn your way around the computer, tool

bar, surfing the web, and setting up email, storing/saving (thumb drives) computer safety; passwords, anti-virus software and more. Please pre-register.

Windows 7 (Beginner class)

Instructor: Sandy Osgood

Mondays Jan 5th and 12th

from 1pm-2:30pm. Cost: \$10.00

This is a fun class for learning basic computer skills. Please pre-register.

Surfing the Internet

Instructor: Sandy Osgood

Monday Jan 5th and 12th 3-4:30

Cost: \$10.00

Learn how to maneuver the Internet using multiple Browsers. Please pre-register.

Windows 7 (Intermediate class)

Instructor: Sandy Osgood

Monday, January 26th and February 2nd

from 1pm-2:30pm • Cost:\$10.00

Continue learning where Windows 7 beginner class leaves off. Please pre-register.

Computer Maintenance

Instructor: Sandy Osgood

Monday January 26th and February 2nd

3:00pm-4:30pm • Cost: \$10.00

Learn how to back up your computer, save files, delete files and programs. Speedup your computer. Organize your computer. Please ask questions you may have. Please pre-register.

Volunteers

Volunteer Meeting

The next Volunteer Meeting is on February 2, 2015 at 10:00am

The participants and staff would like to wish each of you a Happy New Year! Thanks for all you do every day of the year!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Center Closed Happy New Year! 1	2
9:30 20-15 Healthy You Challenge Orientation 5 1:00 Amateur Photography Group 1:00 Windows 7 3:00 Surfing the Internet	9:00 BINGO 6 9:30 Power Punch 10:00 Flexibility Feels Good 11:30 Softball Conditioning	9:30 Intermediate Ceramics 7 1:00 Vitamin D Talk with Dr. Andy Clark 3:00 Photos, Files and Folders	9:30 Power Punch 8 10:00 Writer's Circle 10:00 Flexibility Feels Good 11:00 Beginning Computer 11:30 Softball Conditioning	1:00 Mobile Devices 9 1:00 Mahjong
8:30-noon Kroger Card Registration 12 11:30 Dixie Diners to Mellow Mushroom 1:00 Windows 7 3:00 Surfing the Internet	8:30-noon Kroger Card Registration 13 9:30 Power Punch 10:00 Flexibility Feels Good 10:00 Basic Drawing 11:30 Softball Conditioning 1:00 Excel II 4:00 Legal Aid	8:30-noon Kroger Card Registration 14 9:30 Intermediate Ceramics 10:00 Diabetes and Winter Weather with Jennifer Persinger 11:30 Medical Ethics 3:00 Photos, Files and Folders	9:30 Power Punch 15 10:00 Flexibility Feels Good 11:00 Beginning Computer 11:30 Common Sense Defense 11:30 Softball Conditioning 1:00 TED Talks 2:00 Share a Craft	12:00 Word 16 1:00 Mobile Devices 1:00 Mahjong 7:00 Friday Night Dance Saturday January 17 10:00 WVAL
Center Closed: Martin Luther King, Jr Day 19	9:00 BINGO 20 9:30 Power Punch 10:00 Flexibility Feels Good 10:00 Walkers and Talkers 10:00 Basic Drawing 11:00 The Art of Hand Massage 11:30 Softball Conditioning 1:30 Intro to Ceramics 5:30 Intro to Ceramics	9:30 Intermediate Ceramics 21 1:00 Computer Organization / Housekeeping 1:00 Travel Round the World 1:00 Diabetes and Your Diet with Dr. Andy Clark 3:00 Photos, Files and Folders	9:30 Creative Memories 22 Scrapbooking 9:30 Power Punch 10:00 Flexibility Feels Good 10:00 Writer's Circle 11:00 Beginning Computer 11:30 Softball Conditioning 5:00 Aging without Fear	Noon State of the Senior Center 23 Program and Lunch with Roger Blakeley and Senior Services Staff 1:00 Mobile Devices 1:00 Mahjong
1:00 Windows 7 (Intermediate) 26 3:00 Computer Maintenance	9:30 Power Punch 27 10:00 Flexibility Feels Good 10:00 Basic Drawing 11:30 Softball Conditioning 1:30 Intro to Ceramics 1:30 Hearing Problems and Hearing Tests 5:30 Intro to Ceramics	9:00 Winter Blast / Fall Prevention 28 9:30 Intermediate Ceramics 3:00 Photos, Files and Folders	9:30 Power Punch 29 10:00 Flexibility Feels Good 11:00 Preventing Heart Disease 11:00 Beginning Computer 11:30 Softball Conditioning 1:00 Craft of the Month Club 5:30 Fast Food for a Healthy Life with Roger Blakeley	12:00 Word 30 1:00 Mobile Devices 1:00 Mahjong



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 to 8:00 Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 8:30 Piano Keyboard Lessons by appointment 9:30 Table Tennis 9:30 Love Handles 10:00 Shuffleboard 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Open Art Studio 1:00 Musical Voices Practice 1:00 Hand & Foot Canasta 1:00 High Flyers Bowling Holiday Lanes 2:00 Challenge Square Dance 3:30 Line Dance with Martha 6:00 Dandy Line Dancers 6:00 Ladies Monday Night Bridge Club 7:00 Square Dance with Don Williamson	7:30am to 8:00pm Billiards Room Fitness Room 10:00 Heart Strings Instruments Jam Session 10:00 Open Computer Lab Noon Contract Bridge 1:00 Silver Sneakers® Yoga 1:00 Needle and Fiber Arts 1:00 Tuesday Trio Bowling @ Holiday Lanes 4:00 Circle R Dancers 5:30 Scrabble Group 6:00 Mexican Train Dominos 7:00 Round Dance	7:30am to 8:00pm Billiards Room Fitness Room 7:30 Fasting Blood Sugar Screenings 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 9:30 Table Tennis 9:30 Love Handles 10:00 Bible Study 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Acrylics Painting 1:00 Pinochle 2:30 Knitting 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Men’s Bible Study 8:30 Silver Sneakers® Yoga 8:30 Piano Lessons by Appointment 9:30 German Conversation Noon Women’s Billiards 1:00 Rook 1:00 Ballroom Dance Practice 1:00 Golden Rollers Bowling @Holiday Lanes 2:00 Open Computer Lab 3:00 Senior Chorale (does not meet in January and February) 4:00 Brain-A-Cise	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 From Head to Tone Fitness Class 8:30 Piano Lessons by Appointment 9:00 Party Contract Bridge 9:30 Table Tennis 9:30 Love Handles 10:00 Conductorcise® Plus 10:00 Silver Sneakers® Classic 12:30 Ace of Clubs Duplicate Bridge 1:00 Open Craft Time 3:30 Friday Ballroom Dance Lessons

Healthy Living

20-15 Challenge

This is the year for a Healthy New You!

The Johnson City Senior Center is partnering with the MSHA Johnson City Health Resources Center to bring this health challenge to you.

Need a simple plan to help you get fit and improve your health?

The 20-15 Challenge has doable goals plus the motivation and accountability to help you stay on track. Great for all ages! Optional wellness classes will help educate and support you. Drop in at the Senior Center on Monday January 5 between 9:30-10:30 for orientation and details or stop by the HRC in The Mall at Johnson City before January 15 to get your log sheet and goals. FREE!

Brain-a-Cise

Thursdays 4:00-5:00pm

Cost: Free

Just like your body needs exercise to keep it functioning at its highest level, your brain also needs to be exercised. Join us for this fun-filled hour of brain teasers, puzzles and challenges

CONDUCTORCISE PLUS®

10:00am on Fridays • Cost: \$2

(Free for Silver Sneakers)

- 15 Minutes of Stretching
- 15 Minutes of Upper Body strengthening
- 30 Minutes of Conductorcise®
- Feel energized and refreshed
- Improve your flexibility
- Improve your upper body strength
- Stimulate your brain cells

Vitamin D Talk with Dr. Andy Clark

January 7 • 1pm- 2pm

What is the buzz about Vitamin D?

Why do we need it? How do you get it? What does it do in the body? All these questions and more will be discussed by Dr. Clark who has done extensive research on Vitamin D.

Diabetes and the Winter Weather by Jennifer Persinger

January 14, 2015 • 10am-11am

What special precautions in winter weather do you need to take if you are a diabetic? Does the weather cause your blood sugar to go up or down? What to look for if you have poor circulation in your extremities?

Common Sense Defense

A National Personal Self-Defense Awareness Month activity

Thursday, January 15

11:30 am • Cost: FREE

Rene Hashe Keplinger with the All American Handgun School in Erwin TN will speak on "Common Sense Defense." This presentation is for the average person who goes to work, shops, walks the dog, is out in the public and may become the victim of a crime. Don't be an easy target! Sponsored by S.A.L.T. Council, Seniors and Law Enforcement Together. Pizza and drinks provided!

Diabetes and Your Diet with Dr. Andy Clark

January 21 • 1pm-2pm

Can you control your diabetes with diet? How do foods you eat affect your blood sugar? Are there foods that are better than others to eat? What has research show to be beneficial for diet and diabetes? There will be time for questions and discussion.

Aging Without Fear

Kickoff January 22 • 5pm-6pm

A support group for seniors to help you face life changes with confidence. Refreshments provided.

Hearing Problems with Dr. Krisztina Johnson, Audiologist /

Free Hearing Tests

January 27, 2015 • 1:30pm-4pm

Dr. Johnson will talk about hearing problems. Ways to keep the hearing you have or ways to enhance your hearing. ETSU students will be here from 1:30-4pm for free hearing test. Test will take 10-15 minutes.

Winter Blast and Fall Prevention

Wednesday Jan 28th

from 9:00am-Noon • Cost: Free

Winter is here, so let us help you blast through those winter months by keeping you active and free from falling. As we age, one of the biggest fears we have is falling. Join us for the Winter Blast to test your balance, flexibility, and endurance. You will also learn ways to fall proof your home and improve your strength and balance. Please schedule a time slot at the front desk for the balance, flexibility and endurance test.

Congestive Heart Failure with Kelli Ouellette, RN

February 2, 2015 • 1pm-2pm

Congestive heart failure is the inability of the heart to meet the workload necessary to pump blood throughout the body. What are the warning signs and symptoms? How can it be prevented? How is it treated? Learn all this & more.



Lunches & Such

State of the Center Program and Lunch

Friday, January 23, 2015 at Noon • Free

Roger Blakeley and the Senior Services staff will present highlights from the previous year and share plans for the next five years. Join us for this informative meeting while enjoying a tasty free lunch.

Fast Food for a Healthy Life with Roger Blakeley

January 29, 2015 at 5:30pm • Cost: \$8 per person

Come hungry and ready to learn and have fun! Learn how to stretch your food dollars into three or more chicken-based meals. You can eat tasty, healthy, home cooked food in minutes. Menu: Pounded Chicken, Mashed Potatoes and Cauliflower, corn bread salad, spinach wraps, taco salad and much more.



*Walk-ins welcome until
all food is served.*

Bonnie's Blue Plate!

Tuesday, Jan 13 • 11:30am

Minestrone,
Garlic Bread & Dessert

Tuesday, Jan 27 • 11:30am

Pinto Beans, Slaw,
Cornbread & Dessert

\$3 per person

**Memorial Park Community Center Cafe
510 Bert Street**

Please call in the morning of with
carry-out orders, and pay when they
are picked up.

**For More Information Call:
423-434-6237**



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Dance

Absolute Beginner Line Dance

Instructor: Martha Davenport

The class will meet for 90 minutes once per week for 6 weeks and will cost \$42 per person. If you are interested in taking an absolute beginner line dance class, call Kamela at 434-6233 to have your name placed on a list. When 10 or more people have been added to the list, the class will be scheduled.

Advanced Line Dance (Dandy Line Dancers)

Mondays at 6:00pm

Cost: pay instructor directly

This class is for advanced line dancers. The group practices and performs at the Center and in the community.

Advanced Line Dance (Circle R Dancers)

Tuesdays at 4:00pm

Cost: Pay instructor directly

This advanced class meets weekly to practice for Center and community performances.

Round Dance

Tuesdays at 7:00pm • Cost: Free

This is an advanced Round Dance class. This class meets weekly to learn and practice advanced dance steps. Permission of the group facilitator is required in order to participate. Those who do not meet the advanced standing can be referred to a beginner group.

Ballroom Dance Lessons

Wednesday at 5:15pm

Cost: \$2.00

Learn or polish your Fox Trot, Waltz, Tango, Cha-Cha and other dance styles. Beginner to experienced are welcome. No partner necessary.

Ballroom Dance Practice

Thursdays at 1:00pm • Cost: Free

Practice your dance steps to music from years gone by, make new friends and exercise your body and mind. No partner required.

Beginner Ballroom Dance Lessons

Friday at 3:30 pm • Cost: \$2.00

Join us to learn basic ballroom dance steps just in time for the Friday night dance. No partner necessary.

Friday Night Ballroom Dance

Registration Deadline: Pay at the door unless a special event dance

1st and 3rd Fridays

from 7:00pm-10:00pm

Cost: \$5.00 (\$3.00 for those with Silver Sneakers), unless a special event dance and the cost might be higher.

Dance to the sounds of a live band. Bring a snack to share along with serving dish and utensils if needed. Drinks provided.

Ballroom Dance Schedule

January 16 - Jerry Pierce

February 6 - Limited Edition

Valentine's Dance

February 20 - Nostalgia Trio

March 6 - Jerry Pierce

March 20 - Kids Our Age

April 3 - Patti Quarles Trio

April 17 - TBA



Art Lang and Friends



Fun at the Barn Dance

Arts/Crafts/Performing Arts

Amateur Photography Club

First Monday of the month. 1-3pm. Cost: Free

Upcoming monthly photo themes: January-Tree Shapes, February-Photographer's Choice, March- Barns. If you used to take photos as a hobby or take them now and want to learn new techniques, meet new people, and go on field trips then come check out the club!

Piano Lessons

Monday, Thursday, Friday mornings by appointment

\$12 per 30 minute session

Learn to play your favorite songs with experienced teacher, Wretha Terry. Schedule your appointment today.

Heart Strings Tuesdays 10:00am - Noon

Bring your instrument and join in this open group playing a variety of songs including old hymns, bluegrass, country and folk music.

Musical Voices Rehearsal Mondays 1:00pm

Join this welcoming group if you desire to sing gospel music and share the joy of music with local nursing homes.

Senior Chorale

Will not meet in January and February

Rehearsals every Thursday at 3:00pm

Join this lively group who loves to sing a variety of songs including show tunes and popular songs. This group is led by Cherry Smith and accompanied on piano by Barbara Knisely. The group is open to anyone 40 and older who is looking for a low stress, less demanding group with which to perform. No audition required.

This project is funded in part by Arts Build Communities, a program funded through State of Tennessee Specialty License Sales, and administered in cooperation with the Tennessee Arts Commission and Johnson City Area Arts Council.



Conductorcise® Plus

Fridays 10:00am-11:00am • Cost: \$2, (Free for Silver Sneakers)

We have added a new twist to our Conductorcise® program. This program will include upper body stretching and strengthening along with Conductorcise®.

Intro to Ceramics

A 3 week series on Tuesday, Jan 20th, 27th, and Feb 3rd

Two times to choose from: 1:30pm-4:30pm or 5:30pm-8:30pm.

Cost: \$ 30 for the series, please pre-register by Jan 16th.

Ceramics Artist Sarah Dorr will teach you the basics of clay hand-building. Create 3 projects while you learn to use clay stamping and modeling tools, including glazing and coloring techniques. Take home your beautiful projects to display.

Intermediate Ceramics

Wednesdays from 9:30am-Noon • Cost: \$15 per session

Learn more advance techniques of clay hand-building with Ceramics Artist, Sarah Dorr. Also, learn new glazing and coloring techniques in this class. Prior clay hand-building experience needed for this class.

Needle and Fiber Arts

Instructor: Jane Dresser • Tuesdays at 1:00pm • Free

A class designed for beginning to advanced levels of fiber arts. Bring any type of fiber project to work on or begin to learn. Enjoy the company of others while you work on your project.

Acrylics

Wednesdays 12:30pm – Cost: \$10

“Art” Holsclaw is back to paint and share. Designed for beginners or experienced painters. Registration deadline is Monday before each class.

Knitting

Wednesdays 2:30pm – Cost: Free

A class designed for beginner to intermediate levels of knitting. Bring a project or an idea and practice your knitting with a fun group.

Open Art Studio

Mondays 12:30pm-3:30pm

Take advantage of our beautiful creative space! Bring a project and work in the company of other artists.

Open Craft Studio

Fridays from 1:00pm

Take advantage of our beautiful creative space! Bring a project and work in the company of other crafters.

Basic Drawing

3 class series starting Tuesday, Jan 13th, 20th, and 27th

from 10:00am -11:30am • Cost: \$21 for the series

Have you always wanted to learn to draw but didn't know where to start. Let Artist, Ed Puhr teach you the fundamental laws of drawing with a pencil using observation and imagination in this simplified method. You will learn linear shaping, techniques, and form to enhance one's creativity. You will need to bring a #2 pencil and a 9 inch by 12 inch sketchbook with you to class. Pre-registration and payment required by Friday, Jan 16th.

Art and Craft of the Month Club

Last Thursday of the Month - Jan 29th

from 1:00pm-3:00pm • Cost: Free

Come and learn how to make a chunky braid necklace. A list of materials needed will be available at the front desk.

Share-a-Craft

Thursday Jan 15th from 2:00pm-4:00pm • Cost: \$1

Bring a craft that you would like to share but also bring your favorite tea cup and enjoy a cup of hot tea in celebration of National Hot Tea Month.

Creative Memories Scrapbooking

Thursday Jan 22th from 9:30am-11:00am • Cost: Free

Learn creative ideas for scrapbooking and what to do with those old photos.

Joy of Charcoal Drawing will be coming in February.

Games

Hand and Foot Canasta Mondays

1:00pm • Cost: Free
Hand and Foot is a version of Canasta in which each player is dealt two sets of cards, known as the «hand» and the «foot». Hand and Foot is closely related to Pennies From Heaven. This is a very social group! Don't worry if you don't know how to play, they can teach you everything!

Ladies Night Bridge Club

Mondays
6:00pm • Cost: Free
Come join the ladies of the senior center for a fun evening of bridge!

BINGO
1st and 3rd Tue of month
9:00am • Cost: Free
Come try and get BINGO! Great prizes and lots of fun!

Party Contract Bridge

Tuesdays
Noon • Cost: Free
Contract Bridge took off as an international rage in the 1930s and is considered today by many to be the ultimate card game. Please join us for a great time!

Scrabble Group

Tuesdays
5:30pm • Cost: Free
Do you enjoy word games? Scrabble is a great brain exercise! The scrabble group is always looking for new faces in their group.

Mexican Train Dominoes

Tuesdays
6:30pm • Cost: Free
This lively group would love to have you join!

Pinochle

Wednesdays
1:00pm • Cost: Free
Pinochle is a trick-taking card game for 4 players played with a special deck. Players score by taking ticks or forming combination of cards into melds. Have fun and meet new friends!

Rook
Thursdays
1:00pm • Cost: Free
Rook is a challenging trick taking game played with a special deck of cards. Bring a friend for even more fun!

Party Contract Bridge

Fridays
9:00am • Cost: Free
Contract Bridge took off as an international rage in the 1930s and is considered today by many to be the ultimate card game. Please join us for a great time!

Ace of Clubs Duplicate Bridge

Fridays
12:30pm • Cost: Free
Everyone is welcome! If you enjoy playing bridge, but haven't tried duplicating bridge, come join the fun...we're a friendly group!



Walk Down Memory Lane Reception and Performance



Agape

Nursing & Rehabilitation Center

Providing individualized long-term care in a comfortable and friendly environment

Services:

- Skilled and Intermediate Nursing Care
- On-Call Physician Services
- Licensed Nursing Staff
- Social Services Staff
- Physical, Speech and Occupational

Therapy Services:

- Restorative Program
- Pharmacy Services
- On-Call Mental Health Services
- Registered Dietician Services
- Respite Services

Amenities & Activities:

- Beauty and Barber Shop Services • Laundry Services • Group Outings
- Daily opportunities to encourage social, physical & mental enrichment

Visit our website for a full listing of our on-site services.

www.agapenrc.com



505 North Roan Street
Johnson City
423.975.2000

Locally Owned Christian Based Facility

**Toning**

Monday and Wed at 8:30am • Cost: \$2

Instructor: Sue Pentz

One hour full-body toning with light cardio.

Love Handles

Monday, Wed and Friday at 9:30am • Free

Instructor: Jillian Boreing

Thirty minute class focusing on the abdominals.

Silver Sneakers® Classic

Monday and Wed at 10:00am • Cost: \$3

Instructor: Lydia Sweatt

Increase muscular strength, range of movement and activities for daily living.

Tai Chi for Arthritis

Monday and Wed at 11:00am • Cost: \$5

Instructor: Tonya Van Hook

Low-impact, gentle stretching, breathing exercises, focus on body alignment, and mindful, controlled movement.

Qi Gong

Monday and Wed at Noon • Cost: \$5

Instructor: Tonya Van Hook

Stretching, breath work, meditations and visualization, body alignment, and gentle, repetitive low-impact movements.

Silver Sneakers® Yoga

Tuesday at 1:00pm • Thursday at 8:30am • Cost: \$2

Instructor: Judy Jackson

Move your whole body through a complete series of seated and standing yoga poses.

Arthritis Exercise

Tuesday and Thursday from 8:45am-9:30am • Cost: \$3

Exercises designed to increase mobility for everyday movements, improve posture and maintain or increase muscular strength.

Power Punch

Tuesday and Thursday from 9:30am-10:00am

Don't let the holidays weigh you down. Have fun and stay fit with this low-impact kick-boxing class.

Flexibility Feels Good

Tuesday and Thursday from 10:00am-10:30am

Instructor: Jillian

Spend 30 minutes stretching your hard-working muscles in this low-impact class.

Senior Hatha Yoga

Wednesday at 6:00pm • Cost: \$5

Instructor: Darlene Hatley

Beginner to Intermediate. Learning the most basic Yoga moves with Flow and Hold Yoga moves.

From Head to Tone

Friday at 8:30am • Cost: 2

Instructor: Jillian Boreing

One hour full-body toning with light cardio.

* No cost to Silver Sneakers members.

Walkers and Talkers

Looking Ahead

View a Rookery close up! A rookery is a place where large numbers of birds nest, lay eggs and raise their young. Good chance to see babies in their nest.

These will be large birds!

Then...

Visit a romantic country side

location with gardens, large ponds, brick oven bread making, peacocks and more! Beautiful secret location!

Senior Center

Memorial Park Community Center

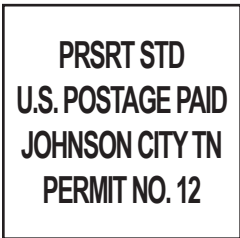
510 Bert St • Johnson City TN 37601 • 423-434-6237

A Winter Break From Outdoors**Come inside for Walkers & Talkers!****January 20th Tuesday at 10am**

Make your own healthy trail snacks like dehydrated apples & veggie chips. No chemicals, no preservatives, just flavor & healthy food! Samples to try.

If your address changes, please call us and let us know!

Johnson City Seniors' Center
at Memorial Park Community Center
510 Bert Street • Johnson City, Tennessee 37601
(423) 434-6237



Hours of Operation:
Senior Services Reception Desk: Mon-Friday 8am-5pm
Memorial Park Community Center: Mon-Sat 7am-9pm

Groups and Meetings

As the Page Turns
NO JANUARY MEETING
First Thursday of each month at 10:00am
Book selections:
February - Kinfolks: Falling Off the Family Tree
by Lisa Alther

Writers Circle
2nd and 4th Thursdays at 10:00am
Join this group to share ideas for writing better stories and share your own writings for discussion with the group.

Musical Voices
Rehearsal Mondays at 1:00pm
Join this welcoming group if you desire to sing gospel music and share the joy of music with local nursing homes.

**Washington County
S.A.L.T. Council**
Meets first Thursday of month
2:00pm at MPCC
Seniors and Law Enforcement
Together is an organization of senior citizens, law enforcement officers and community groups which meets monthly to address the concerns and solutions for a more senior friendly community.
Everyone Welcome!



Grief Support Gatherings
Resumes on the 1st and 3rd Tuesdays at 6pm

Bible Study Opportunities
Wednesdays at 10 a.m.
Thursdays at 8 a.m. (Breakfast by donation)